

**POWER TO AUTHORIZE MEDICAL TREATMENT**

(UNDER 18 - FORM MUST BE SIGNED BY A PARENT/LEGAL GUARDIAN)

I, the undersigned, or as a parent and/or legal guardian of:

(Attendee name or parent/guardian name of person under age 18) recognize that medical treatment may become necessary in participation with the Ski Program, and to avoid delay of any necessary medical treatment and/or that which would alleviate physical injury, hereby empower the staff of Trollhaugen Winter Recreation Area or other designated persons to authorize on my behalf recommended medical treatment of my child by any staff member of any hospital, medical doctor, emergency medical technician, and/or paramedic. This authorization is complete and of itself fully operative upon my signature for the duration of the Trollhaugen Ski Program.

Attendee or Parent / Guardian Name \_\_\_\_\_

Attendee/Parent/Guardian Sign \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Insurance Company \_\_\_\_\_ Policy Number \_\_\_\_\_

Doctor's Name \_\_\_\_\_ Phone Number \_\_\_\_\_

**Authorization & Release**

I, the undersigned, know that skiing is an action sport, carrying significant risk of personal injury. Ski competition, practicing for ski competition, and all of the activities taking place in order to prepare for ski competition are dangerous and physically demanding activities. I know that there are natural and man-made obstacles or hazards. Surface and environment conditions, along with risks, may cause serious injury. I, the undersigned, accept the inherent dangers of physical participation in such skiing activities. I agree that I (and not Trollhaugen Winter Recreation Area, it's staff, or volunteers) am totally responsible for my safety while I participate in these activities.

Attendee Name \_\_\_\_\_

Attendee Signature \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent / Guardian Name (If applicable) \_\_\_\_\_

Parent/Guardian Sign (If applicable) \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

PRST - STD  
U.S. Postage  
PAID  
Permit NO. 6  
Dresser, WI  
54009

  
**Trollhaugen**  
SKI \* RIDE \* TUBE  
2232 100<sup>th</sup> Avenue • Dresser • WI • 54009  
Phone - WI: 715.755.2955 • MN 651.433.5141  
Ski & Board Shop - 715.755.2950  
www.Trollhaugen.com • © 2011-2012

2011-'12 Season of Fun  
Only 50 minutes North of the Twin Cities!



**Trollhaugen**  
SKI \* RIDE \* TUBE

**HIGH SCHOOL  
RACE ACADEMY**



The Trollhaugen Race Academy is open to High School & Junior racers ages 12-18. This program works to develop a solid foundation of skiing skills within each racer first, and then incorporate those techniques into racing & all mountain skiing activities.

“Like” The Troll • facebook.com/trollhaugen



**go Troll**  
www.Trollhaugen.com

# GO To The **TROLL!**

## HIGH SCHOOL RACE ACADEMY

Take your skiing skills to the next level and maximize your racing results!

The Trollhaugen Race Academy is open to High School & Junior racers ages 12-18. This program works to develop a solid foundation of skiing skills within each racer first, and then incorporate those techniques into racing & all mountain skiing activities.



Each training session will include skill development through directed free-skiing, drill courses, & timed practice race courses.

A high coach-to-skier ratio ensures that personalized attention will be given to each participant.

Video Analysis is used extensively throughout the program, allowing racers the opportunity to study their skiing, while working with the coaches to develop a plan for improving their skills.

Weekly email evaluations will also be sent to each racer, including video clips and stills from each training session.

## HIGH SCHOOL RACE ACADEMY

Sharpen your competitive edge this season with this enhanced, intensive training from our experienced coaches.

### 8 SUNDAY TRAINING DATES

9:30am - 3:30pm

Begins Sunday, Dec. 11, 2011

(Training calendars available at arrival.)

### Session Schedule

Check In - 9:30am

Training - 10:30am - Noon

Lunch & Video Analysis -  
Noon - 1:00pm

Training - 1:00pm - 3:00pm

Video Analysis - 3:00pm - 3:30pm

### Program Director

To contact our HS Race Academy Program Director, Rob Arend:  
Phone: 651.486.8107  
Email: robbarend@msn.com

### ADDITIONAL PROGRAMS

#### THANKSGIVING RACE CAMP

Nov. 25-27 - This 3-day race camp is dedicated to slalom & giant slalom! Info at Trollhaugen.com under 'Programs.'

#### NASTAR NATIONAL RACE PROGRAM

Dec. - Feb. on Saturday & Sunday  
These timed races are a fun, competitive way to test your skills & race times. Info at Trollhaugen.com under 'Programs.'

## RACE ACADEMY

### Application

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email: \_\_\_\_\_

Parents Name(s): \_\_\_\_\_

Parents Phone: \_\_\_\_\_  
(Print Clearly)

Male Female (circle one) Age \_\_\_\_

Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_

### Program Fees & Options

8 SESSIONS - Coaching & Training  
(Lift Ticket Not Included) \$200 \_\_\_\_\_

8 SESSION DISCOUNTED  
LIFT TICKETS \$160 \_\_\_\_\_

SUNDAY SEASON PASS \$225 \_\_\_\_\_

THANKSGIVING RACE CAMP \$125 \_\_\_\_\_  
If you have a Season Pass for any of the camp dates deduct \$10/day that the pass is valid.

TOTAL AMOUNT: \$ \_\_\_\_\_

CHECK #: \_\_\_\_\_

VISA MASTERCARD - OR -  
(please circle one)

ACCOUNT #: \_\_\_\_\_

EXP. DATE: \_\_\_\_/\_\_\_\_ 3 DIGIT CCV# \_\_\_\_

BILLING ZIPCODE \_\_\_\_\_

### MAIL OR CALL TO REGISTER

#### -OR- FOR MORE INFO:

Trollhaugen • 2232 100th Ave. • Dresser, WI • 54009  
In WI: 715.755.2955 Ext 223  
In MN 651.433.5141 Ext 223

Trollhaugen.com • WI - 715.755.2955 • MN - 651.433.5141

Trollhaugen Ski & Board Shop - 715.755.2950

